McCormick Recipes

<https://shop.mccormick.com/collections/all-products>

<https://snaped.fns.usda.gov/resources/nutrition-education-materials/seasonal-produce-guide>

<https://www.forksoverknives.com/how-tos/spring-season-vegetables-fruits-guide/>

Herbs and spices: <https://shop.mccormick.com/collections/herbs-spices> https://shop.mccormick.com/search?q=salt+free+seasonings&\_pos=2&\_psq=salt+free+&\_ss=e&\_v=1.0Salt free seasonings

Gluten free: <https://shop.mccormick.com/search?q=gluten+free+&options%5Bprefix%5D=last>

PROMPT” create a monthly calendar that includes the fruits and veggies celebrated each month

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| import matplotlib.pyplot as plt  import pandas as pd  # Define the data for fruits and vegetables for each month  months = [  "January", "February", "March", "April", "May", "June", "July",  "August", "September", "October", "November", "December"  ]  fruits = [  ["Oranges", "Grapefruit", "Apples", "Pears", "Kiwi"],  ["Oranges", "Lemons", "Grapefruit", "Apples", "Pears"],  ["Apples", "Pears", "Citrus", "Oranges", "Lemons", "Grapefruit"],  ["Strawberries", "Rhubarb", "Apples"],  ["Strawberries", "Cherries", "Raspberries"],  ["Strawberries", "Cherries", "Peaches", "Raspberries", "Blueberries"],  ["Cherries", "Peaches", "Apricots", "Blueberries", "Blackberries", "Strawberries", "Raspberries"],  ["Peaches", "Plums", "Blackberries", "Blueberries", "Apricots", "Melons"],  ["Apples", "Pears", "Grapes", "Plums", "Melons", "Figs"],  ["Apples", "Pears", "Grapes", "Pomegranates", "Figs"],  ["Apples", "Pears", "Cranberries", "Grapes", "Citrus", "Oranges", "Lemons"],  ["Oranges", "Clementines", "Apples", "Pears", "Grapefruit", "Pomegranates"]  ]  vegetables = [  ["Kale", "Leeks", "Brussels Sprouts", "Sweet Potatoes", "Cabbage", "Carrots", "Winter Squash"],  ["Broccoli", "Kale", "Carrots", "Brussels Sprouts", "Beets", "Rutabaga", "Parsnips"],  ["Spinach", "Kale", "Broccoli", "Cauliflower", "Carrots", "Leeks", "Sweet Potatoes", "Turnips"],  ["Asparagus", "Spinach", "Peas", "Radishes", "Lettuce", "Artichokes"],  ["Lettuce", "Spinach", "Peas", "Rhubarb", "Asparagus", "Radishes"],  ["Asparagus", "Peas", "Lettuce", "Spinach", "Zucchini", "Cucumber"],  ["Tomatoes", "Cucumbers", "Zucchini", "Beans", "Peas", "Corn", "Bell Peppers", "Eggplant"],  ["Tomatoes", "Bell Peppers", "Eggplant", "Corn", "Cucumbers", "Zucchini", "Beans", "Summer Squash"],  ["Squash", "Pumpkins", "Eggplant", "Tomatoes", "Sweet Potatoes", "Bell Peppers", "Cucumbers"],  ["Pumpkins", "Squash", "Sweet Potatoes", "Carrots", "Beets", "Kale", "Cabbage"],  ["Brussels Sprouts", "Kale", "Carrots", "Sweet Potatoes", "Pumpkins", "Winter Squash"],  ["Brussels Sprouts", "Kale", "Leeks", "Carrots", "Sweet Potatoes", "Winter Squash", "Cabbage"]  ]  # Create DataFrame for the chart  df\_fruits = pd.DataFrame(fruits, columns=[f"Fruit {i+1}" for i in range(5)], index=months)  df\_vegetables = pd.DataFrame(vegetables, columns=[f"Vegetable {i+1}" for i in range(8)], index=months)  # Plotting  fig, ax = plt.subplots(2, 1, figsize=(10, 14))  # Plot Fruits  ax[0].axis("off")  ax[0].table(cellText=df\_fruits.values, colLabels=df\_fruits.columns, rowLabels=df\_fruits.index, loc="center", cellLoc="center")  # Plot Vegetables  ax[1].axis("off")  ax[1].table(cellText=df\_vegetables.values, colLabels=df\_vegetables.columns, rowLabels=df\_vegetables.index, loc="center", cellLoc="center")  plt.tight\_layout()  plt.show() |
| **January**   * **Fruits:** Oranges, Grapefruit, Apples, Pears, Kiwi * **Vegetables:** Kale, Leeks, Brussels Sprouts, Sweet Potatoes, Cabbage, Carrots, Winter Squash   **February**   * **Fruits:** Oranges, Lemons, Grapefruit, Apples, Pears * **Vegetables:** Broccoli, Kale, Carrots, Brussels Sprouts, Beets, Rutabaga, Parsnips   **March**   * **Fruits:** Apples, Pears, Citrus (Oranges, Lemons, Grapefruit) * **Vegetables:** Spinach, Kale, Broccoli, Cauliflower, Carrots, Leeks, Sweet Potatoes, Turnips   **April**   * **Fruits:** Strawberries, Rhubarb, Apples (in some regions) * **Vegetables:** Asparagus, Spinach, Peas, Radishes, Lettuce, Artichokes   **May**   * **Fruits:** Strawberries, Cherries, Raspberries * **Vegetables:** Lettuce, Spinach, Peas, Rhubarb, Asparagus, Radishes   **June**   * **Fruits:** Strawberries, Cherries, Peaches, Raspberries, Blueberries * **Vegetables:** Asparagus, Peas, Lettuce, Spinach, Zucchini, Cucumber   **July**   * **Fruits:** Cherries, Peaches, Apricots, Blueberries, Blackberries, Strawberries, Raspberries * **Vegetables:** Tomatoes, Cucumbers, Zucchini, Beans, Peas, Corn, Bell Peppers, Eggplant   **August**   * **Fruits:** Peaches, Plums, Blackberries, Blueberries, Apricots, Melons (Watermelon, Cantaloupe) * **Vegetables:** Tomatoes, Bell Peppers, Eggplant, Corn, Cucumbers, Zucchini, Beans, Summer Squash   **September**   * **Fruits:** Apples, Pears, Grapes, Plums, Melons, Figs * **Vegetables:** Squash, Pumpkins, Eggplant, Tomatoes, Sweet Potatoes, Bell Peppers, Cucumbers   **October**   * **Fruits:** Apples, Pears, Grapes, Pomegranates, Figs * **Vegetables:** Pumpkins, Squash, Sweet Potatoes, Carrots, Beets, Kale, Cabbage   **November**   * **Fruits:** Apples, Pears, Cranberries, Grapes, Citrus (Oranges, Lemons) * **Vegetables:** Brussels Sprouts, Kale, Carrots, Sweet Potatoes, Pumpkins, Winter Squash   **December**   * **Fruits:** Oranges, Clementines, Apples, Pears, Grapefruit, Pomegranates * **Vegetables:** Brussels Sprouts, Kale, Leeks, Carrots, Sweet Potatoes, Winter Squash, Cabbage |

A calendar with fruits and vegetables

AI-generated content may be incorrect.

PROMPT: I want novel recipes using seasonal fruits mostly

Exploring new recipes that highlight seasonal winter fruits can bring vibrant flavors to your table. Here are some unique ideas to inspire your culinary adventures:

**1. Broiled Persimmons with Mascarpone** Elevate ripe persimmons by broiling them to enhance their natural sweetness. Serve with a dollop of vanilla-infused mascarpone for a simple yet elegant dessert. ​[Blog | 305 West End Assisted Living](https://blog.305westendassistedliving.com/10-stunning-recipes-full-of-winter-fruits-and-vegetables?utm_source=chatgpt.com)

**2. Mixed Citrus Salad with Feta and Mint** Combine a variety of citrus fruits like oranges, grapefruits, and blood oranges. Toss with crumbled feta and fresh mint for a refreshing salad that balances sweet and savory notes. ​[Blog | 305 West End Assisted Living](https://blog.305westendassistedliving.com/10-stunning-recipes-full-of-winter-fruits-and-vegetables?utm_source=chatgpt.com)

**3. Apple Skillet Cake** Utilize winter apples in a rustic skillet cake. This dessert features tender apple slices nestled in a moist, spiced cake, perfect for cozy gatherings. ​[Blog | 305 West End Assisted Living](https://blog.305westendassistedliving.com/10-stunning-recipes-full-of-winter-fruits-and-vegetables?utm_source=chatgpt.com)

**4. Winter Fruit Salad with Lemon Poppy Seed Dressing** Combine seasonal fruits such as apples, mandarins, kiwis, bananas, and pomegranate arils. Toss them with a sweet and tangy lemon poppy seed dressing for a vibrant and healthy dish. ​[Cooking Classy](https://www.cookingclassy.com/winter-fruit-salad-lemon-poppy-seed-dressing/?utm_source=chatgpt.com)

**5. Chestnut Pudding** Create a rich and creamy pudding using pureed chestnuts, sweetened with sugar and flavored with vanilla. This traditional European dessert pairs wonderfully with poached pears or a drizzle of chocolate sauce. ​[Wikipedia](https://en.wikipedia.org/wiki/Chestnut_pudding?utm_source=chatgpt.com)

**6. Ponche Navideño** Prepare this traditional Mexican Christmas punch using a medley of seasonal fruits such as tejocotes, guavas, apples, and oranges, simmered with cinnamon and sweetened with piloncillo. Serve warm for a festive beverage. ​[Wikipedia](https://en.wikipedia.org/wiki/Ponche_Navide%C3%B1o?utm_source=chatgpt.com)

These recipes not only celebrate the flavors of winter fruits but also offer a delightful twist to traditional dishes. Enjoy experimenting with these seasonal ingredients!​

PROMPT: pair mccormick spices with these recipes <https://www.mccormick.com/>

Certainly! Here are some McCormick spices that can enhance the flavors of the previously mentioned recipes featuring seasonal fruits:

**1. Broiled Persimmons with Mascarpone**

*Recommended McCormick Spices:*

* **McCormick® Pumpkin Pie Spice**: Sprinkle over persimmons before broiling to add warm, aromatic notes. ​
* **McCormick® All Natural Pure Vanilla Extract**: Blend into the mascarpone for a rich, creamy flavor. ​

**2. Mixed Citrus Salad with Feta and Mint**

*Recommended McCormick Spices:*

* **McCormick® Oregano Leaves**: Add to the dressing for a subtle earthy flavor. ​
* **McCormick® Basil Leaves**: Incorporate into the salad for a hint of sweetness. ​[McCormick+10McCormick+10McCormick+10](https://www.mccormick.com/recipes/breakfast-brunch/apple-pancakes-with-cider-spiced-syrup?utm_source=chatgpt.com)

**3. Apple Skillet Cake**

*Recommended McCormick Spices:*

* **McCormick® Apple Pie Spice**: Enhance the cake's flavor by adding this spice blend to the batter. ​
* **McCormick® All Natural Pure Vanilla Extract**: Use in the batter for added depth. ​[McCormick+6McCormick+6McCormick+6](https://www.mccormick.com/articles/mccormick/about-tamarind?utm_source=chatgpt.com)

**4. Winter Fruit Salad with Lemon Poppy Seed Dressing**

*Recommended McCormick Spices:*

* **McCormick® Poppy Seed**: Essential for the dressing, providing a subtle nutty flavor.​
* **McCormick® Ground Ginger**: Add a pinch to the dressing for a gentle warmth. ​

**5. Chestnut Pudding**

*Recommended McCormick Spices:*

* **McCormick® Ground Nutmeg**: Incorporate into the pudding for a warm, nutty flavor. ​
* **McCormick® Ground Cinnamon**: Add for a sweet-spicy note. ​[McCormick+7McCormick+7McCormick+7](https://www.mccormick.com/recipes/main-dishes/parmesan-herb-shrimp?utm_source=chatgpt.com)

**6. Ponche Navideño**

*Recommended McCormick Spices:*

* **McCormick® Cinnamon Sticks**: Simmer in the punch for a classic warm flavor. ​
* **McCormick® Whole Cloves**: Add to infuse the punch with a spicy depth. ​

PROMPT: describe the tone and essence of the mccormick brand included in these commercials

It’s gonna be great commercials from good search

<https://www.google.com/search?q=mccormick+commercial+it%27s+going+to+be+great&num=12&client=firefox-b-1-d&sca_esv=a2d1b3f2df31e648&udm=7&biw=1920&bih=919&ei=Tjf4Z-uRBfmB5OMPtvPqkQY&oq=mccormick+commercials+it%27s+gonna+be+geat&gs_lp=EhZnd3Mtd2l6LW1vZGVsZXNzLXZpZGVvIihtY2Nvcm1pY2sgY29tbWVyY2lhbHMgaXQncyBnb25uYSBiZSBnZWF0KgIIADIGEAAYFhgeMggQABiABBiiBDIIEAAYogQYiQUyCBAAGIAEGKIEMggQABiiBBiJBUjfQVCIBFi7InABeAGQAQCYAd8BoAHOF6oBBjEuMTUuM7gBAcgBAPgBAZgCFKACqRnCAgoQABiwAxjWBBhHwgIIEAAYFhgKGB7CAgUQABjvBcICBRAhGKABwgIFECEYqwKYAwCIBgGQBgSSBwYyLjExLjegB4hisgcGMS4xMS43uAelGQ&sclient=gws-wiz-modeless-video>

McCormick's "It's Gonna Be Great" campaign embodies a warm, empowering, and relatable tone, aiming to instill confidence in home cooks by celebrating the joys and imperfections of everyday cooking. The essence of these commercials lies in their ability to connect with audiences through familiar kitchen scenarios, emphasizing that with McCormick's trusted spices, any meal can be a success.

**Tone and Essence:**

* **Empowering and Reassuring:** The campaign encourages cooks of all skill levels to embrace the cooking process, assuring them that even with mishaps, the outcome will be great. This is encapsulated in the tagline, "It's Gonna Be Great," which serves as a mantra for culinary confidence.
* **Relatable and Heartwarming:** By showcasing common cooking situations—like preparing meals for family gatherings or tackling new recipes—the commercials resonate with viewers' personal experiences, fostering a sense of connection and authenticity.
* **Celebratory of Everyday Moments:** The ads highlight the joy found in daily cooking, transforming routine meal preparation into moments worth celebrating, thereby reinforcing the idea that flavor enhances life's simple pleasures.

Overall, McCormick's campaign positions the brand as a supportive partner in the kitchen, one that brings flavor and confidence to every dish, reinforcing the message that with McCormick, "It's Gonna Be Great."